

PRACTICAL SUGGESTIONS



HOW TO PREPARE FOR EMERGENCY RELIEF WORK

By BESSIE E. SEVERANCE

DURING the State Sunday School convention, held in Detroit in November, lasting three days, the general committee called on the Central Directory to secure nurses who were willing to give some service, at least half a day at a time, to the care of a rest-room, and to any cases requiring simple treatment and care. Thinking our experience might be of benefit to the uninitiated, I will give a list of articles we found necessary for the work.

There should be two rooms provided, one for women, and one for men, with a half-dozen easy chairs, four canvas-covered cots, six pillows, four gray cotton blankets, one dozen pillow slips, one dozen towels, two sheets, two screens, two large basins, two small basins, four pitchers, six glasses, two teaspoons, one large slop pail with handle, one wash bowl and pitcher, one hot water bottle, and sanitary napkins. Dressings for surgical cases are: one pound absorbent cotton, one 5-yard roll sterile gauze, one roll of adhesive strap, one tube vaseline, one tube liquid court plaster, bandages, bichloride tablets, and boracic solution. A few simple remedies should be furnished by the physicians on call, such as are used for headache, toothache, diarrhoea, vomiting, vertigo, etc. Two physicians should be on call.

The nurse will need her thermometer and hypodermic syringe, with tablets of strychnine $\frac{1}{60}$, nitroglycerine $\frac{1}{100}$, digitaline $\frac{1}{150}$, morphine $\frac{1}{8}$, codeine $\frac{1}{2}$.

The nurse's duties are to make patients comfortable, and save all the usual discomfort attendant at such gatherings. Of course, the patients are sent away to their homes as soon as they are able to go. A good arrangement is to have one nurse in charge all the time, with assistants, who can come for a half day or more. There should always be two nurses on duty at the same time, that there may always be one in each room. This relief nursing has come to be a recognized need at all large conventions, and we must be prepared to meet the requirements.

WHAT I found extremely convenient in nursing a case of typhoid in a hotel, was an arrangement for keeping ice, milk, etc., without having to go over two or three flights of stairs to the ice-box each time a bath was given, an ice-cap wanted, or nourishment administered.

A good sized galvanized iron garbage can was procured, into which, near the bottom, a faucet was inserted. Inside, about a third of the way from the bottom, a shelf was arranged which did not extend all the way across the can. On this the ice was placed, loosely filling the can, leaving space for such things as required to be kept cool. The can could be wrapped in newspaper to prevent too great waste of ice, and the water drained off served for baths. The whole cost was much less than a nursery refrigerator and much more satisfactory. F. S.

I WOULD like to call the attention of nurses to a book by Luther Burbank called "The Training of the Human Plant." I have read many articles on the training of children, but nothing so practical as that. E. C. H.

THE trouble so often experienced in getting the new baby to nurse is suddenly overcome by first pumping a little milk from the breast. Have ready a little of the milk in a medicine dropper, and as the nipple is put into the infant's mouth, drop some milk into his mouth, and what he has tasted will be an incentive to work hard to obtain more, and he will go at his task with a will. E. B., R.N.

Two men who travelled in Spain recently, where there are many fleas, tried wearing camphor gum about the neck in a bag. They had no discomfort from the fleas, and were sure the camphor gum worked a charm. M. D. B.

[Perhaps the next nurse who travels to a country similarly infested will be good enough to try the experiment and let us know the result.]